



## CUB GAMES WEEK 2

17:00 PM AEST, THURSDAY FEB. 25 THROUGH TO WEDNESDAY, MARCH 3 @ 10:00 AM AEST

WORKOUT CG4.2 RXD AND SCALED LION CUB: 13 -15 YEARS

**FOR TIME (16 MIN TIME CAP)**

BUY IN 500M ROW

Then

**10 Rounds for Time:**

<b>5 Chest to Bar</b>	<b>(Scaled Jumping Chest to Bar)</b>	
<b>6 Deadlifts</b>	<b>(Rx 35kg/30kg)</b>	<b>(Scaled 30kg/25kg)</b>
<b>7 Shoulder to Overhead</b>	<b>(Rx 25kg/20kg)</b>	<b>(Scaled 20kg/15kg)</b>

**Lb Conversion: 35kg = 75lb      30kg = 65lbs      25kg = 55lbs      20kg = 45lbs      15kg = 35lbs**

Athletes begin on the rower with hands behind back. At the call of "3, 2, 1...go!" athletes can then grab the handle to complete a 500m row. **RECORD THE TIME TAKEN TO COMPLETE THE ROW AS THIS WILL BE USED AS A TIEBREAKER IN THE EVENT OF A TIE FOR BOTH THIS EVENT AND OVERALL.**

On completion the athlete will start on 10 rounds of 5 chest to bar (jumping chest to bar for scaled), 6 deadlifts and 7 shoulder to overhead.

Score is time taken to complete row and 10 rounds. If the workout is not finished within the 16 minutes time cap the score is total reps. Please note the row does not count for reps. That is just a buy in. Total reps are for the rounds only (18 reps per round or a possible total of 180).

## **MOVEMENT STANDARDS:**

### **CHEST TO BAR PULL UPS**

This is a standard chest to bar pull up. Dead hand, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground.

At the bottom, the arms must be fully extended. At the top, anywhere from the bottom of the clavicle to the chest must clearly come into contact with the bar.

### **JUMPING CHEST TO BARS**

For jumping chest to bar, the bar should be set up so it is 6 inches above the top of the athletes head when standing tall. A box/plates under the pull up bar is permitted to allow athletes to reach if necessary.

Athletes must start with arms at full extension. Anywhere from the bottom of the clavicle to the chest must clearly come into contact with the bar.

### **DEADLIFT**

The bar starts on the ground. The athlete lifts the bar from the ground until hips and knees reach full extension and head and shoulders are behind the bar. Every time the bar touches the ground and the athlete stands to full extension, counts as one rep.

### **SHOULDER TO OVERHEAD**

Barbell is cleaned to the shoulder any way. Once at the shoulder the athlete presses the bar overhead. At the top, the arm, hips and knees must be fully locked out with the bar clearly over the middle of the body when viewed from profile. Once the athlete has reached lockout, the rep will count. The bar is brought back down to the shoulders and the movement is repeated for the next rep.